



2021-2022 Checklist For Currently Enrolled Students



Back to school isn't just about stocking up on school supplies. Be sure your child is ready for a healthy year ahead. Use this checklist as a guide – and be sure to talk to your school for more details.

Check when complete	Task	For more information	Notes
	<p>Visit your child's doctor to be sure they're healthy and up-to-date on immunizations – and get sports physical forms completed while you're there.</p> <p>ALL STUDENTS: To attend school in Virginia, your child will need these immunizations (or a completed religious exemption certificate):</p> <p>Kindergarten: Hepatitis A Grade 7: Tdap, HPV*, Meningococcal Grade 12: HPV*, Meningococcal</p> <p>This list includes new vaccination requirements! *Note: parents or guardians may opt for their child not to receive the HPV vaccine.</p> <p>ATHLETES: Students participating in school sports will need a completed sports physical form, to be filled in by a doctor.</p>	<ul style="list-style-type: none">• For printable school health forms: VDH School Health Forms Website• To learn more about new requirements: VDH Immunization Website• For information on finding FREE school-required vaccines for children: Virginia Vaccines For Children and the Virginia Health Department Locator• For a Virginia High School Athletic League sports physical form for participating in school athletics: VHSL Sports Physical Form	<p>Record the doctor's visit date and list all immunizations received</p>
	<p>Visit a dentist for a back-to-school checkup. Note: If your family is insured through Medicaid, both children and adults are now covered for dental care in Virginia.</p>	<ul style="list-style-type: none">• Ask your school nurse for information about school-based dental clinics• To find a dentist: VDH Oral Health page• For more details on Virginia's expanded Medicaid coverage: Virginia Medicaid	<p>Record date of visit to the dentist and any notes</p>
	<p>Ask your school about COVID-19 safety measures and rules – and get your children vaccinated for COVID-19 if they're age 12 or older.</p>	<ul style="list-style-type: none">• For a list of questions to ask your school: Healthy Buildings' Schools for Health site• To find a free COVID-19 vaccine for your child age 12 or older, go to Vaccinate Virginia	<p>Record date you touched base on rules</p>
	<p>Do an emotional wellness check. Ask your children how they feel and seek help if they need it.</p>	<ul style="list-style-type: none">• For prevention strategies and programs visit the Department of Education• For emotional wellness and suicide prevention support, visit Be Well Va	<p>Record date you had a discussion on mental wellness</p>
	<p>Seek out disability or special education support services if you need them.</p>	<p>For disability and special education details: VDOE Special Education site</p>	<p>Record notes on actions to take</p>